

# COUNTY OF EL DORADO

## HEALTH & HUMAN SERVICES

Daniel Del Monte  
Interim Director

3057 Briw Road, Suite B  
Placerville, CA 95667



## AGENCY DIVISIONS

Administration & Finance  
Behavioral Health  
Community Services  
Protective Services  
Public Health  
Self-Sufficiency

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### HEALTH OFFICER ISOLATION RECOMMENDATIONS (updated 05/10/2022)

This document is for people who have tested positive for the virus that causes COVID-19 infection or otherwise were recently diagnosed with COVID-19. If you have been exposed to someone with COVID-19 but have not tested positive for or been diagnosed with COVID-19, refer to *HEALTH OFFICER QUARANTINE RECOMMENDATIONS* instead.

“*Isolation*” restricts the movement of persons who have tested positive for or otherwise been diagnosed with a contagious disease of concern. (In contrast, “*quarantine*” restricts the movement of persons who were exposed to a contagious disease of concern in case they become infected.)

These *Isolation Recommendations* replace the former *Isolation Directive*. While isolation is no longer mandatory, these recommendations provide details for how people who have tested positive for COVID-19 or who develop COVID-19-like symptoms can reduce their risks to other people. These recommendations are based on the State Public Health Officer’s *Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public*, available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>.

These recommendations only apply to members of the general public not falling into certain categories. If you fall into one the following category, you must follow the guidelines presented by your facility or employer rather than what is described in this document.

- **Healthcare Workers** – Certain healthcare workers whose employers are bound by All Facilities Letter 21-08.8, see link. (Your employer should know whether and how this applies to you.) <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>
- **K-12 Schools** – COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year, available at: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>. (Your child’s school should know how to apply this guidance to your child.)
- **Child Care** – Guidance for Child Care Providers and Programs, available at: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Child-Care-Guidance.aspx>. (Your child’s child care provider should know how to apply this guidance to your child.)
- **Workplace Settings** – Cal/OSHA guidelines, including COVID-19 Prevention Emergency Temporary Standards, available at: <https://www.dir.ca.gov/dosh/coronavirus/ETS.html>. (Your employer should know how these guidelines apply to you.)

### Isolation Recommendations for the General Public – with COVID-like symptoms

For all persons with COVID-like symptoms, regardless of vaccination status or having had previous infection

#### STRONGLY RECOMMENDED:

- Stay home (self-isolate) and test as soon as possible.
- Remain in isolation at home until you receive test results;
  - If you get a negative antigen test result at first but your symptoms continue, retest yourself 1-2 days later;
  - Self-isolate if the test result is positive, refer to table below;
- If you do not get tested, remain isolated for at least 10 days;
- If you are unable to self-isolate, wear a good-quality, tightly fitting mask for the full 10 days whenever you are in a space shared with others, even if you end your isolation sooner;
- Contact your healthcare provider about available treatments if your symptoms seem severe, you are at high risk for serious disease, or you have any questions about your care.

### Isolation Recommendations for the General Public – Persons Who Test Positive for COVID-19

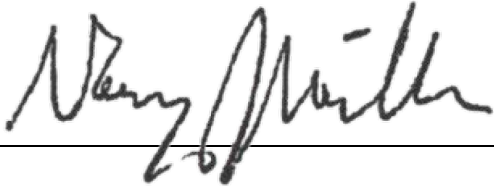
Everyone, regardless of vaccination status, previous infection or lack of symptoms.

#### RECOMMENDED:

- Stay at home (self-isolate) for at least 5 days after start of symptoms (or after date of first positive test if no symptoms);
- Isolation can end after Day 5 if symptoms (if any) have resolved or are resolving, fever (if any) resolved at least 24 hours earlier without the use of fever-reducing medication, **and** a diagnostic specimen\* collected on Day 5 or later tests negative.
- If you did not test and symptoms are absent or are resolving, and fever (if any) resolved at least 24 hours earlier without the use of fever-reducing medication, isolation can end after Day 10.
- Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section below for additional information).

\*Antigen test preferred.

IT IS SO RECOMMENDED:



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Nancy Williams MD, MPH

Public Health Officer

Date: May 10, 2022